

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# August 2026

## Sherwood Oaks Oak Grove Activities

|                                                                                                                                                                  |  |                                                                                                                                                                                            |  |                                                                                                                                                                                                                                                                                                                          |  |                                                                                                                                                                                                                             |  |                                                                                                                                                                                                                                                                                                                |  |                                                                                                                                                                                 |                                                                                                    |                                                                                                                                                                                                                                      |  |
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| August 2026                                                                                                                                                      |  |                                                                                                                                                                                            |  |                                                                                                                                                                                                                                                                                                                          |  |                                                                                                                                                                                                                             |  |                                                                                                                                                                                                                                                                                                                |  |                                                                                                                                                                                 | 10:00 Fitness Fun 1 1<br>10:45 Fitness Fun 2 2<br>2:00 Afternoon Movie 1<br>2:00 Afternoon Movie 2 |                                                                                                                                                                                                                                      |  |
| Sherwood Oaks Oak Grove Activities                                                                                                                               |  |                                                                                                                                                                                            |  |                                                                                                                                                                                                                                                                                                                          |  |                                                                                                                                                                                                                             |  |                                                                                                                                                                                                                                                                                                                |  |                                                                                                                                                                                 |                                                                                                    |                                                                                                                                                                                                                                      |  |
| 10:00 Chair Yoga 1 2<br>10:45 Chair Yoga 2<br>2:00 Afternoon Movie 1<br>2:00 Afternoon Movie 2                                                                   |  | 9:30 Visits/Chronicles 3<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 August Activities and Number One Music Hits 1<br>2:45 August Activities and Number One Music Hits 2 |  | 9:30-10:00 Visits/Chronicles 4<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 <b>Stretch and Stability</b> 1<br>1:30 Sweet Songs/Chocolate Chip Cookie Day 2<br>2:45 Sweet Songs/Chocolate Chip Cookie Day 1<br>5:30 Sing-Along 1<br>6:00 Sing-Along 2                                                    |  | 9:30 Visits/Chronicles 5<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>2:00 <b>Music with Gene</b> 1 (all residents from 1 and 2 welcome).<br>3:30 Summer Sensory Basket 2                                       |  | 9:30-10:00 Visits/Chronicles 6<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 <b>Stretch and Stability</b> 2<br>1:30 Lucille Ball Day 1<br>2:45 Lucille Ball Day 2                                                                                                                              |  | 9:30 Visits/Chronicles 7<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 Games Galore 1<br>2:45 Games Galore 2                                                    |                                                                                                    | 10:00 Morning Music and Finish the Phrase 1<br>10:45 Morning Music and Finish the Phrase 2<br>2:00 Afternoon Movie 1<br>2:00 Afternoon Movie 2                                                                                       |  |
| 10:00 Conversation Ball Toss and Today's Chronicle 1<br>10:45 Conversation Ball Toss and Today's Chronicle 2<br>2:00 Afternoon Movie 1<br>2:00 Afternoon Movie 2 |  | 9:30 Visits/Chronicles 10<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 Music Bingo 1<br>2:45 Music Bingo 2                                                                |  | 9:30-10:00 Visits/Chronicles 11<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 <b>Stretch and Stability</b> 1<br>1:30 Chef's Corner 2<br>2:45 Chef's Corner 1<br>5:30 Music and Mandalas 1<br>6:00 Music and Mandalas 2                                                                                   |  | 9:30 Visits/Chronicles 12<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 Summer Craft Corner 1<br>2:45 Summer Craft Corner 2                                                                                 |  | 9:30-10:00 Visits/Chronicles 13<br>10:00 Fun and Fitness 1 10:45 Fun and Fitness 2<br>1:30 <b>Stretch and Stability</b> 2<br>1:30 Country Fair Reminisce<br>2:45 Country Fair Reminisce 2<br>5:30 Card Game 1<br>6:00 Card Game 2                                                                              |  | 9:30 Visits/Chronicles 14<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 <b>Patio Chat/Root Beer and Music</b> 1<br>2:45 <b>Patio Chat/Root Beer and Music</b> 2 |                                                                                                    | 10:00 Fitness Fun 1 15<br>10:45 Fitness Fun 2<br>2:00 Afternoon Movie 1<br>2:00 Afternoon Movie 2                                                                                                                                    |  |
| 10:00 Sunday Stretch and Singing 1 16<br>10:45 Sunday Stretch and Singing 2<br>2:00 Afternoon Movie 1<br>2:00 Afternoon Movie 2                                  |  | 9:30 Visits/Chronicles 17<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 Wizard of Oz Day 1<br>2:45 Wizard of Oz Day 2                                                      |  | 9:30-10:00 Visits/Chronicles 18<br>10:00 Fun and Fitness 1 10:45 Fun and Fitness 2<br>1:30 <b>Stretch and Stability</b> 1<br>1:30 National Dog Days 2<br>2:15 National Dog Days 1<br>3:00 <b>Aromatherapy with Jan</b> 1<br>3:30 <b>Aromatherapy with Jan</b> 2<br>5:30 Conversation Cards 1<br>6:00 Conversation Card 2 |  | 9:30 Visits/Chronicles 19<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>2:00 <b>Karaoke with Bill</b> 1 (for OG 1 and 2 residents)<br>3:30 Pictionary Game 2                                                     |  | 9:30-10:00 Visits/Chronicles 20<br>10:00 Fun and Fitness 1 10:45 Fun and Fitness 2<br>1:30 <b>Stretch and Stability</b> 2<br>2:00 Summer Happy Hour-Music with the 2 Docs -all residents 1<br>3:00 Protestant Communion 1,2<br>5:30 Montessori Activities 1<br>6:00 Montessori Activities 2                    |  | 9:30 Visits/Chronicles 21<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 Kenny Rodgers Music Day 1<br>2:45 Kenny Rodgers Music Day 2                             |                                                                                                    | 10:00 Bean Bag Toss Game 1 22<br>10:45 Bean Bag Toss Game 2<br>2:00 Afternoon Movie 1<br>2:00 Afternoon Movie 2<br><br>1-4pm <b>Sherwood Oaks Resident and Family Festival!</b><br>upper parking lot<br>Staff and family will escort |  |
| 10:00 Sunday Fitness and Today's Trivia 1 23<br>10:45 Sunday Fitness and Today's Trivia 2<br>2:00 Afternoon Movie 1<br>2:00 Afternoon Movie 2                    |  | 9:30 Visits/Chronicles 24<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 Craft Corner with Nancy 1<br>2:45 Craft Corner with Nancy 2                                        |  | 9:30-10:00 Visits/Chronicle 25<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 <b>Stretch and Stability</b> 1<br>1:30 Bingo 2<br>2:45 Bingo 1<br>5:30 Sing-along 1<br>6:00 Sing-along 2                                                                                                                    |  | 9:30 Visits/Chronicles 26<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>2:00 <b>Ukulele Music</b> 1 (for all residents in 1 and 2)<br>3:00 <b>Phipps Flower Show/Monet in Bloom</b> 1<br>3:30 Hi Neighbor Visits |  | 9:30-10:00 Visits/Chronicles 27<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 <b>Stretch and Stability</b> 2<br>1:30 <b>"Hands" Creative Arts Project</b> 1<br>2:45 <b>"Hands" Creative Arts Project</b> 2<br>5:30 <b>Quiet Tunes with Roberta</b> 1<br>6:00 <b>Quiet Tunes with Roberta</b> 2 |  | 9:30 Visits/Chronicles 28<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 Color and Sip 1<br>2:45 Color and Sip 2                                                 |                                                                                                    | 10:00 Fitness Fun 1 29<br>10:45 Fitness Fun 2<br>2:00 Afternoon Movie 1<br>2:00 Afternoon Movie 2<br><br>2-3 <b>Music with Pine Creek Community Band</b> -upper parking lot                                                          |  |
| 10:00 Dance Exercise and Today's Chronicle 1 30<br>10:45 Dance Exercise and Today's Chronicle 2<br>2:00 Afternoon Movie 1<br>2:00 Afternoon Movie 2              |  | 9:30 Visits/Chronicles 31<br>10:00 Fun and Fitness 1<br>10:45 Fun and Fitness 2<br>1:30 Outside Patio Chat and Game 1<br>2:45 Outside Patio Chat and Game 2                                |  |                                                                                                                                                                                                                                      |  |                                                                                                                                                                                                                             |  |                                                                                                                                                                                                                                                                                                                |  |                                                                                                                                                                                 |                                                                                                    |                                                                                                                                                                                                                                      |  |

Activities are subject to change